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Wednesday, October 10,
2012



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GIANTS BEAT REDS, STAY ALIVE

Brandon Crawford of the San Francisco Giants throws out Ryan Ludwick of the Cincinnati Reds in the sixth inning of Game 3 of the National League division series on Tuesday at the Great American Ball Park in Cincinnati, Ohio. The Giants went on to beat the Reds 2-1 in 10 innings. More sports coverage on page 19 and online at metronews.ca. JONATHAN DANIEL/GETTY IMAGES

Council OKs phased-in smoking ban

Butting out.

Stricter plan including
all public parks could
be only a year away



ANGELA
MULLINS

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Other business

- City council approved a public meeting for Oct. 17 at Centennial Hall to discuss a proposed methadone clinic at 425 Wharnclyffe Rd. S.

City councillors are inching closer to snuffing cigarettes out of public parks.

Council voted 14 to 2 on Tuesday to have staff draft a by-law banning smoking within nine metres of recreation sites. They also voted 14 to 1 to ban smoking within the same distance of doors to municipal buildings.

But city staff have been instructed to explore adding a "sunset clause" to the by-law that would, in time, force people to butt out in parks. The stricter rule could take effect in one, two or three years. The draft bylaw is expected to be presented by spring.

Council debated the issue several hours after Coun. Dale Henderson publicly apologized for comments made during an Oct. 1 committee discussion on the issue.

Henderson came under public scrutiny after some took his statements as a challenge to research endorsed by the Canadian Cancer Society about the dangers of cigarettes. He also apologized for suggesting on Sept. 24 that city planners were "vindictive" in making decisions. The comments, he said, were "inappropriate" and "unprofessional."

Mayor Joe Fontana used the apology to roll out a zero-tolerance approach toward city councillors who don't behave themselves during debates. Politicians who make rude or "disreputable" remarks will now be called out and escorted from the council floor if they do not apologize immediately, he said.

"We can differ. We can debate vigorously," he said. "But we have to do it in a respectful way."

CONCERTS HOCKEY TICKETS SHOPPING SPREE FURNITURE CASH

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Happy birthday, Bud! Budweiser Gardens celebrates 10th year

Pick up Metro and tune into AM980 on Thursday for an in-depth look at Budweiser Gardens, as the venue celebrates its 10th anniversary.

In Metro, reporter Angela Mullins will examine the impact the facility has had in London. Then tune into The Pulse with Devon Peacock on AM980 at noon for a panel discussion on

Special report by



Budweiser Gardens. AM980 and Metro will highlight the successes of the past decade, and take a look at what's ahead for what has become one of the most successful venues of its size in the world.

KATIE NAUS/FOR METRO

Global Spectrum. Open house at Bud Gardens

Global Spectrum will host an open house behind the scenes at Budweiser Gardens, Wednesday, from 5:30 p.m. to 9:30 p.m.

The public is asked to enter through Gate 1. Admission is free, but voluntary donations are encouraged to help raise money for charitable groups supported in conjunction with the venue's 10th anniversary.



There will be a self-guided tour, locker-room tours and a chance to meet London Knights and Lightning players. There will also be entertainment and other activities for people of all ages.

METRO

Local health information. Middlesex-London Health Unit launches new website

The Middlesex-London Health Unit has launched a new website that will help anyone seeking local health information. The statistical data on the website can be updated as required in the future.

Called Middlesex-London's Community Health Status Resource, the new website supports an important part of the health unit's

mandate by providing insight into the community's state of health, which influences the planning of public health programs.

METRO

On the web

<http://community-healthstats.healthunit.com>



Officials celebrate gas-tax revenue

Local infrastructure.

The benefits of pumping money into cities include construction jobs, fewer bumps in the road



ANGELA MULLINS
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His purple tie flapping in the morning breeze, Mayor Joe Fontana bicycled along Dufferin Avenue as he celebrated how federal gas-tax money is boosting local infrastructure. A news conference Tuesday announced the results of the gas-tax deal, which will see Ottawa transfer funds to municipalities.

"Municipalities can't do it alone," Fontana said, moments before strapping on a helmet to take a brief Tour de London.

"There's no doubt that the gas tax (funding), and making it permanent, is absolutely essential for municipalities so we can plan into the future."

London North Centre MP Susan Truppe joined Fontana in the celebration, calling gas-tax dollars essential to improving commutes for cyclists and drivers.

The city invested \$10.25 million this year in upgrades to main roads, bridges, and new bike lanes. Of that, \$7.6 million came from money allocated through the gas tax.

Roadwork included rehabilitating Wellington Street from York to Pall Mall streets, and Dundas Street between the Thames River and Wellington.

Key bike-lane extensions were made along Woodward Avenue and Riverside Drive, Cheapside Street near Fanshawe College, and Southdale



Mayor Joe Fontana throws out a hand signal Tuesday morning as he cycles across Wellington Street and Dufferin Avenue. Fontana took the ride during a celebration of federal gas-tax dollars pumped into the city.

ANGELA MULLINS/METRO

Road in the Westminster neighbourhood, said John Lucas, the city's manager of transportation engineering.

Another sizable chunk of gas-tax money went toward other projects this year, including upgrades to water and sewer infrastructure, he said.

The city has been receiving a share of the federal gas tax since 2005. About \$21.6 million has been allocated to London annually since 2010, bringing the expected total to a little more than \$108 million by 2014.

About \$746 million is doled

At a glance

City roadwork spending in 2012:

- \$8.5 million: Rehabilitating main streets
- \$1.1 million: Bridge repairs
- \$672,000: 25 kilometres of new bike lanes

out annually to cities across the province, Truppe said.

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Councillors reaching out to Londoners, survey says

Citizen engagement.

Poll team to delve into results with focus on making suggestions for improvement



ANGELA MULLINS
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If citizen engagement was a marked course, city councillors would get a passing grade.

So says the Forest City four-some behind a survey gauging how politicians are keeping people informed and fielding their concerns.

Of the 14 councillors, including Mayor Joe Fontana, who answered, 12 have mailing lists, eight have regular town hall meetings, 11 have Facebook accounts, nine have Twitter accounts, and 10 have a blog or website.

The majority — 46.2 per cent — say they respond to constituent emails and phone calls on the same day, while 38.5 per cent say they're likely to respond the next day.

All told, the data is "encouraging," said Eamon O'Flynn,

On the web

- For a more detailed analysis and to see councillors' individual responses to the Citizen Engagement in London Ontario (CELO) survey, visit celoreport.ca.
- Coun. Paul Van Meerbergen responded to the survey call but was the only politician who declined to answer questions.

a leader of the Citizen Engagement in London Ontario (CELO) survey. The next step, he said, is delving deeper into the results to see how some minor tweaks could broaden councillors' reach.

That will mean answering questions like: Are councillors who are using social media or mailing lists doing so effectively?

For example, O'Flynn said, are councillors having "conversations" on Twitter and using it to gauge public opinion, or are they simply using their accounts to "push out" information.

After the group gets a bet-



Eamon O'Flynn, 25, a student at Western University, is pictured on the front steps of London City Hall. O'Flynn is one of four people behind the Citizen Engagement in London Ontario (CELO) survey. Results were released Tuesday. ANGELA MULLINS/METRO

ter handle on the bigger picture, leaders expect to make suggestions for improvement to individual councillors.

"It's not just information for the sake of information," O'Flynn said. "I think anyone who has expertise in

communications could really reach out to them and say I have a great idea for how you can reach out to more

people."

Follow Angela Mullins on Twitter @MetroAngela



Pharmacists can give flu shots, renew non-narcotic prescriptions

The Ontario government cleared the way Tuesday for pharmacists to renew most prescriptions and offer some services previously provided only by doctors, but there's no agreement on how they will



Deb Matthews

be paid for their increased role in health-care delivery.

"I think all of us have been in circumstances

where we would have much preferred to be able to just go to the pharmacist, get that prescription renewed, than have to make an appointment to go back to see the doctor," Health Minister and London

North Centre MPP Deb Matthews said after meeting with pharmacy students at the University of Toronto.

Pharmacists now have authority to prescribe drugs to help people stop smoking and

will be able to start giving flu shots when this season's campaign begins Oct. 22.

Regulations were also changed to allow them to renew non-narcotic prescriptions for up to six months, and

to provide advice to people with chronic conditions.

The government said new regulations allow pharmacists to add a charge for renewing prescriptions.

THE CANADIAN PRESS

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Economy. Leaders meet to discuss regional recovery

A regional summit was held in London on Tuesday, with strategies on how to tackle the challenges facing Ontario's economy on the agenda.

"We started out with 80 ideas, boiled those down to 20, boiled those down to 12, boiled those down to five," said Gerry Macartney, the CEO of London Chamber of Commerce.

Various chamber representatives from London, Windsor, Sarnia, Woodstock and other municipalities were at the table.

The regional session is one of eight summits taking place across the province. In November, they will all bring their ideas to the Ontario Economic Summit, where a provincial plan will be hashed out.

On Tuesday, the southwestern Ontario leaders focused

5 priorities

- Harnessing innovation and productivity
- Creating a 21st-century workforce
- Finding fiscal balance
- Capitalizing on global opportunities
- Identifying Ontario's competitive advantages

on five distinct themes.

"What we tried to do was frame our ideas around these themes," Macartney said. "I think we did a good job. We're trying to get some quick wins into our economy."

JOHN MATISZ/METRO

St. George Street

Minivan hit by train downtown

London police say a driver is lucky to be alive after a train slammed into a minivan at a downtown crossing Tuesday. Police confirm the driver of the minivan attempted to beat the train.

AM980/AM980.CA

Lambeth

Senior charged in arson incident

A 71-year-old London woman is facing charges after a lit Molotov cocktail was tossed at a home in Lambeth. Sandra Park is charged with one count of arson endangering life. Police said the incident was "not a random act."

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OHL. Knights captain adding to his repertoire

London Knights defenceman Scott Harrington is set up for one hectic hockey season.

He's London's undisputed leader and voice of reason, its anchor as captain. He's also in line to play top-pairing minutes for Team Canada at the 2013 world juniors. And, he's a key talking point for Pittsburgh Penguins management during the lockout, as no NHL means more attention paid to promising prospects.

"I think about that every day," the 19-year-old from Kings-ton said, speaking about the doom-and-gloom state of the work stoppage.

If the NHL's owners and players' association come to an agreement, Harrington and teammate Olli Maatta will likely be whisked off to Pennsylvania for main camp with the pros. It could be in the middle of the OHL schedule, at some point down the stretch, or never.

They're not in a unique situation, with dozens of other drafted major junior players left guessing as well. In Knights land, though, Harrington's absence would throw things off-kilter in a big way.

His maturity as not only a player, but also as a person, puts him on a peerless pedestal. Look no further than this year's captaincy voting, where the fourth-year OHLer ran away with the C unanimously. To boot, he was voted the Western Conference's "smartest player" in a coaches'

poll late last season.

Six games in, the no-frills blue-liner is enjoying a solid start, continuing to stamp his trademark of mistake-free play on the majority of shifts. He has yet to score, but has three assists and is a plus-6.

Harrington has added another tool to his belt in 2012-13, too.

"It's a part of my game I haven't worked on much," Harrington said of joining the rush more often than ever before. "Every year, you get an opportunity to get more and more comfortable in the league, and it allows you to work on other aspects of your game."

Like Jarred Tinordi before him, it doesn't look like the current Knights captain will be gunning for the scoring title amongst OHL defencemen. The six-foot-one, 202-pounder may reach a career-high in points, however, which would be impressive considering how much he has on his plate.

"All you can do is work hard," he said. "Whether it's in London, at Pens camp, or for Canada." **JOHN MATISZ/METRO**

Brains and brawn

On top of his physical ability, Scott Harrington was voted the Western Conference's "smartest player" in a coaches' poll late last season.



London defenceman Scott Harrington, seen here at a recent Knights practice, has been joining the rush more this season. **JOHN MATISZ/METRO**

23 players hope to make the cut in Forest City

NBL Canada. Lightning putting invitees through the ringer at training camp



JOHN MATISZ
john.matisz@metronews.ca

The erratic nature of minor-league pro basketball was on display at the first day of London Lightning training camp on Tuesday.

Out of the 23 players attending the week-long camp, held at the YMCA's Centre Branch, only nine are either returning from last year's roster or taken in this summer's National Basketball League of Canada draft.

One notable invitee, six-foot-eight forward Jeremy Williams, hadn't even heard of the NBL until last Thursday. The next day, his agent worked out a deal with Lightning general manager Taylor Brown. By Sunday, he was in the Forest City, with his contract pending clearance from FIBA, the international basketball body.

"My agent was like, 'We're going to Canada,'" Williams, 24, said, "and I said, 'OK, I'll pack my bags.'"

Williams, who has suited up for professional ball teams in France and Finland, is a former University of Colorado Buffalo with a real opportunity in London.

"I heard it was similar to the NBA development league," the Memphis, Tenn., native said, adding he's a "glue guy," who "focuses on defence and doing the stuff others don't want to do."

Lightning bench boss Michael Ray Richardson, hungry to repeat the squad's incredible debut championship season, says there's about 15 guys jockeying for the remaining three or four spots on the roster.



Jeremy Williams, who is signed by the London Lightning, but waiting FIBA approval, practises at the YMCA's Centre Branch on Tuesday. **JOHN MATISZ/METRO**

League MVP Gabe Freeman and his supporting cast — Tim Ellis, DeAnthony Bowden, Jamar Abrams and Rodney Buford — are all pencilled into the lineup, while a few others, such as Williams, have the inside track on bench positions.

"In this league, you can't get complacent," Richardson, a former four-time NBA all-star, said. "There's a lot of basketball players, but not a lot of jobs."

Late Wednesday, at the conclusion of four workouts,



Tweaks in the league

What a difference a year can make — changes to the NBL from Season 1 to Season 2:

- Teams play four more regular-season games (40 instead of 36).
- London has a new rival in expansion franchise Windsor Express (now eight teams in the league).
- Teams are required to dress one more Canadian player (three instead of two).
- Playoff structure allows one more team to make the post-season (five instead of four).

Richardson plans on making an initial set of cuts. The charismatic coach adds there will be a couple of players weeded out before continuing camp.

"I've got my core, but I'm looking to add to my bench," Richardson said. "It's going to be just as good as my starting five. You win championships with nine, 10 guys."

Follow John Matisz on Twitter @Metro_JMatisz



Thames Valley students will walk the walk on Wednesday

On the web

For more information, visit iwalktoschool.org and saferoutestoschool.ca.

Thames Valley students will join millions of children and parents around the world celebrating 2012 International Walk to School Day on Wednesday.

There will be challenges among neighbouring schools in competing for the Golden Shoe award for getting the greatest number of students on their feet.

Students across the Thames

Valley District School Board and the London District Catholic School Board will put their feet on the street to support International Walk to School's goal of creating healthy communities that are safe places to walk.

When more children walk to school, there are fewer cars in the school drop-off zone, improving air quality and making it safer for everyone.

Children who walk to school are improving not only their overall health, but also their school performance in general. They arrive alert and more

focused on their schoolwork, says Alana Dalby, project co-ordinator for the Child & Youth Network.

In Ontario, International Walk to School Day is part of a larger initiative called Active and Safe Routes to School (ASRTS). ASRTS encourages students to walk and bike to class, and also helps schools address traffic and safety problems long-term. **METRO**

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Supersonic! Ill winds blow, so skydiver puts off 37-kilometre free fall

Extreme athlete Felix Baumgartner cancelled his planned death-defying 37-kilometre free fall Tuesday because of high winds.

It was the second time this week he has been forced to postpone his quest to be the first supersonic skydiver.

The former military parachutist from Austria had planned to ride a pressurized capsule carried aloft by a 55-storey, ultra-thin helium balloon into the stratosphere, and then jump in a specially designed suit.

Because the balloon is so delicate, it can only take flight if winds are 2 mph or

Tempting tragedy

What are the risks? One is called "boiling blood."

- **Lethal.** Any contact with the capsule when he jumps into space can tear his pressurized suit. The extreme cold can then cause lethal bubbles to form in his blood and bodily fluids.

below. The team said he has a second balloon and intends to try again, possibly on Thursday. **THE ASSOCIATED PRESS**

Spilling the beans

Polanski victim to tell all in memoir

The former teen whom film director Roman Polanski was convicted of having sex with — leading to his flight from the U.S. — is writing a memoir.

Samantha Geimer, now 47, says in a statement

released by publisher Atria Books: "I offer my story now without rage, but with purpose — to share a tale that in its detail will reclaim my identity."

Polanski, 79, is restricted by an Interpol warrant in effect in 188 countries, but he moves freely between Switzerland and France.

THE ASSOCIATED PRESS

Sex predator Sandusky will end his days in jail

A 30- to 60-year term.

U.S. judge calls him dangerous and says he betrayed children and abused their trust

Reviled ex-football icon Jerry Sandusky was sentenced Tuesday to at least 30 years in prison — effectively a life sentence.

But he was defiant to the end in the child sexual abuse scandal that brought shame to Penn State.

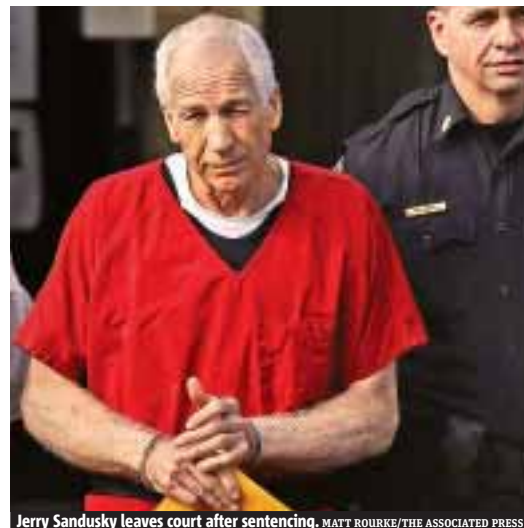
"In my heart I know I did not do these ... disgusting acts," he told a Pennsylvania court.

He also gave a rambling statement in which he talked about his life in prison and the pain of being away from his family.

"I've forgiven, I've been forgiven," he said.

"I've comforted others, I've been comforted. I've been kissed by dogs, I've been bit by dogs.

"I've conformed, I've also



Jerry Sandusky leaves court after sentencing. MATT ROURKE/THE ASSOCIATED PRESS

been different. I've been me. I've been loved, I've been hated."

Three victims spoke, often fighting back tears. One looked Sandusky in the eyes at times. Two of the men exchanged a long embrace after

court was adjourned.

The 68-year-old former Penn State assistant coach was found guilty in June of 45 counts of child sexual abuse, convicted of molesting 10 boys over a 15-year period.

THE ASSOCIATED PRESS

Impact in Canada

The Jerry Sandusky case has sent ripples of revulsion into Canada.

- **The James scandal.** Two of former junior hockey coach Graham James's sexual abuse victims say they would like Canada to follow the U.S. in handing out harsh sentences to sexual predators.

- **Fleury.** Former Calgary Flames forward Theo Fleury says it's important to send a message that child sexual abuse is not taken lightly. He blames the federal government for a lack of leadership.

- **Kennedy.** Sheldon Kennedy would like tougher sentences as well. But he says longer jail terms are not the only answer. Canada, he says, is on the right track by educating the public.

Entrepreneurship

Boomers set on startups: Poll

A new survey from TD Canada Trust suggests baby boomers have one more career move in them before they retire — they want to run their own business first.

The survey found 54 per cent of boomers polled have or are considering starting a firm, whether it's consulting, buying into a franchise or operating a specialty firm. TD Canada Trust says the top reasons respondents gave include the benefits of being their own boss and the sense of personal accomplishment a new venture would bring.

THE CANADIAN PRESS

BB10 deliveries

RIM shares fall on analyst's report

Research In Motion shares fell 5.5 per cent after an analyst said the next generation of BlackBerry's won't hit shelves until March. Jeffries and Co. analyst Peter Misek told business TV channel BNN that timing would delay any potential licensing deals. Some observers had anticipated a January or February release.

THE CANADIAN PRESS

IMF forecasts weaker growth for world economy

Plagued by uncertainty and fresh setbacks, the world economy has weakened further and will grow more slowly over the next year, the International Monetary Fund says in its latest forecast.

Advanced economies are risking recession while the economic malaise is spreading to more dynamic emerging economies such as China, the international lending organization says in a quarterly update of its World Economic Outlook.

The IMF forecasts that the world economy will expand 3.3 per cent this year, down from its estimate of 3.5 per cent growth issued in July. Its forecast for growth in 2013 is 3.6 per cent, down from 3.9 per cent three months ago and 4.1 per cent in April.

For the U.S., the IMF raised its growth forecast slightly, to 2.2 per cent this year from two per cent in July. For 2013, it expects U.S. growth of 2.1 per cent, down from 2.3 per cent.

The IMF projected growth in Canada this year of 1.9 per cent, improving slightly to two per cent in 2013. That compared with the July forecast that saw growth at 2.1 per cent for 2012 and 2.2 per cent for 2013.

The IMF said growth in Canada has been constrained by

Market Minute

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Dow Jones: 13,473.53 (-110.12)

the sluggish U.S. economy.

"Domestic demand — both business investment and private consumption — has been supported by exceptionally favourable financing conditions, including low interest rates and credit availability," the IMF said.

"These factors, along with the commodity boom, have also boosted the housing sector, especially in provinces with strong mining activity." However, the IMF warned about the amount of borrowing in Canada.

THE ASSOCIATED PRESS

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IT'S A GOURD THING THERE'S PUMPKIN PIE



JUST SAYIN'
Paul Sullivan
metronews.ca

Who says we're not making progress?

My first journalistic assignment, back in 1812, was to head out to the pumpkin patch and interview some

farmer who was trying to grow the world's largest pumpkin.

It was some pumpkin, all right. About 900 pounds. That's a lot of pie.

He was getting ready to haul it to the World's Largest Pumpkin Olympics, or something like that. Sadly, he was defeated by his arch rival who managed to coax an extra few pounds out of his giant gourd.

Since then, the record has been eclipsed annually, and this year, the world-record pumpkin passed the magic one-ton barrier (imperial measurement, please; these guys are traditionalists), as the pride and joy of Rhode Island farmer Ron Wallace weighed in at 2,009 pounds.

That's more than twice as much pie.

While pumpkin pundits debate the upper limit and wonder if there is one, it's time to stand back and ask the obvious question: Who cares?

Well, this is not a question you ask around the HQ of the World Pumpkin Confederation or the Yugoslav Gourd Lovers Society, and certainly not at the 1100 Club, populated exclusively by guys who have broken the 1,100-pound barrier.

Frankly, only its grower could love a giant pumpkin. After all, it just sits there, spilling over the scale like Jabba the Hut. It bears no resemblance to those satisfying symmetrical squashes that you cluster across your doorstep. Those are grown by interior designers with bow ties. Hipster pumpkins.

No, growing a one-ton pumpkin is horticultural brute force. You can literally watch them getting larger: 40-50 pounds a day during peak growing season. It takes up to 160 days to grow one of these babies, so you have to start them indoors. And in the fall, when the threat of early frost increases, you'll spend your nights in the patch with your great pumpkin, trying to prevent a pumpkin freezie. Like Linus, from Peanuts.

Everything has to be just so: soil, fertilizer, water, disease and pest control, not to mention the correct amount of shade and sunlight.

Of course, Ron Wallace, who also grew the world's biggest in 2006 (a 1,502-pounder), keeps his technique top-secret, which leads you to wonder if Ron's growing his pumpkins around a giant lead weight.

There's more at stake here than mere bragging rights around the Hot Stove League. Wallace has wrested the world title away from Canadians Jim and Kelsey Bryson from Ormstown, Que., who grew an 1,818.5-pounder in 2011.

For one brief shining moment, Canada and giant pumpkins were synonymous.

And, if we adjust the pH balance and the calcium content, 2013 pounds in 2013 is in our grasp! Be like Linus and believe. And keep your fork, because whatever else happens, there will be pie.



Ron Wallace, of Rhode Island, celebrates after tipping the scales with his 2,009-pound record-breaking pumpkin during the New England Giant Pumpkin Weigh-Off at the Topsfield Fair in Topsfield, Mass., Friday, Sept. 28.

PAUL BILODEAU/THE EAGLE-TRIBUNE/THE ASSOCIATED PRESS

Lunch – 100 million years ago



OREGON STATE UNIVERSITY

A stone's throw away

Ancient spider attack fossil found

Scientists have discovered an amazing prehistoric fossil of a spider about to devour a wasp caught in its web.

The preserved event took place in the Hukawng Valley of Myanmar in the Early Cretaceous period between 97-110 million years ago, a time when almost certainly dinosaurs were roaming nearby, scientists say.

METRO

Expert's viewpoint



"This was the wasp's worst nightmare.

The wasp was watching the spider just as it was about to be attacked, when tree resin flowed over and captured both of them."

George Poinar, Jr.
Oregon State University entomologist

Amber fossilizes

How tree resin captures the past

The tree resin that forms amber is renowned for its ability to flow over flora and fauna, preserving them in near perfection before it later transforms into a semi-precious stone.

At least 15 unbroken strands of spider silk run through the amber piece, and on some of these the wasp was trapped. This is the first fossil ever discovered of a spider attack, scientists note.

METRO

Long, long ago

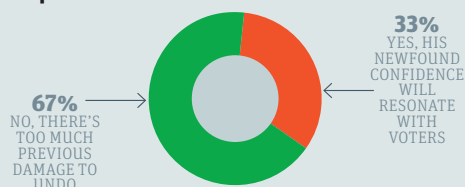
100

million years ago is the approximate time when this spider-wasp encounter occurred. Spiders are ancient invertebrates that researchers believe date back some 200 million years, but the oldest fossil evidence ever found of a spider web is only about 130 million years old. A report about the discovery by Poinar and his team appears in the October edition of journal *Historical Biology*.



Register at metropolitanpanel.ca and take the quick poll

Do you think U.S. presidential contender Mitt Romney will see another debate bump?



Twitter

@brian_mackenzie: looks like a lovely day for a ride downtown #LdnOnt :)

@eShepperd: Busy week in #ldnont. City council tonight, city symposium tomorrow, Citizen's Panel @ Byron library Thursday.

@JoaquinmtzR: Another day on campus #westernu love #fall and #class

@daniwah: Home sweet home #london #westernu #dormlife #back-toreality

@cstudies: Water Fact: Less than 20% of plastic, disposable water bottles are #recycled. That's a lot of waste! #sustainability #westernu

@Chris_Bentley: Ont pharmacists can now give flu shots and renew prescriptions. #onpoli #ldnont

Who made the best bond?



"I think it's got to be Connery ... because as soon as I was of that age, he was really starting as well. And I just identify Connery with that role. It's always been a great piece of escapism."

Bryan Cranston, star of Breaking Bad.



"I think Casino Royale was really excellent, and I think Daniel is a brilliant Bond, wonderful. A Bond for now, in our world. He's wonderful."

Ralph Fiennes, star of the new Bond flick Skyfall.

More online and tomorrow

- Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall.
- Tomorrow, Metro looks at Bond's style and more celebrities reveal their favourite actor who played 007.



The top 12 Bond girls

There's 56 Bond girls out there (give or take), and we've ranked the sexiest. Not every film made the cut (sorry, ladies from Moonraker) and we excluded those women too cool to be called a "girl" (Michelle Yeoh) or too dumb to be found sexy (Denise Richards, a.k.a. "doctor of nuclear physics" Christmas Jones). Sexist? Hey, so are the films.

METRO WORLD NEWS

1. Honey Ryder

Ursula Andress, Dr. No
The Swiss miss set the standard for all future Bond girls: she wore a bikini and carried a knife.



2. Pussy Galore

Honor Blackman, Goldfinger

We concur with Bond, who says, when told her name, "I must be dreaming."



3. Xenia Onatopp

Famke Janssen, GoldenEye

She crushes an old man during sex. She hijacks a helicopter. She puts the fatal in femme fatale.



4. MayDay

Grace Jones, A View to a Kill

Bond was an equal opportunity ladies man, and wasn't scared off by the statuesque Jones.

5. Mary Goodnight

Britt Ekland, The Man with the Golden Gun
The Swedish bombshell became famous for being with two men: Bond, and her husband, Peter Sellers.



6. Helga Brandt

Karin Dor, You Only Live Twice

She ties Bond down to a chair, and threatens him with some makeshift plastic surgery, holding a knife. Then she kisses him. Deeply. Many times.



7. Solitaire

Jane Seymour, Live and Let Die

The first psychic Bond girl? Surely that's worth something.

8. Jinx

Halle Berry, Die Another Day

An Oscar-winning Bond girl: Was that a first? Nope. See number 12.



9. Vesper Lynd

Eva Green, Casino Royale

A modern-day love interest for modern times. Her back-and-forth with Bond on a train has more sparks than any bedroom scene.



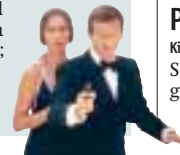
10. Magda

Kristina Wayborn, Octopussy

She has an octopus tattoo in a film called Octopussy. How could we not include her?

11. Anya Amasova

Barbara Bach, The Spy Who Loved Me
A.k.a. Ringo Starr's wife, this New Yorker called Bond a "chauvinist pig who uses girls to shield him against bullets." And that wasn't a movie quote; that's her in real life.



12. Domino Petachi

Kim Basinger, Never Say Never Again
She's not the only Bond girl to have an Oscar but she is the blondest.

2 SCENE



VIRGIN
MORNINGS
WITH **TUCKER & SARAH**



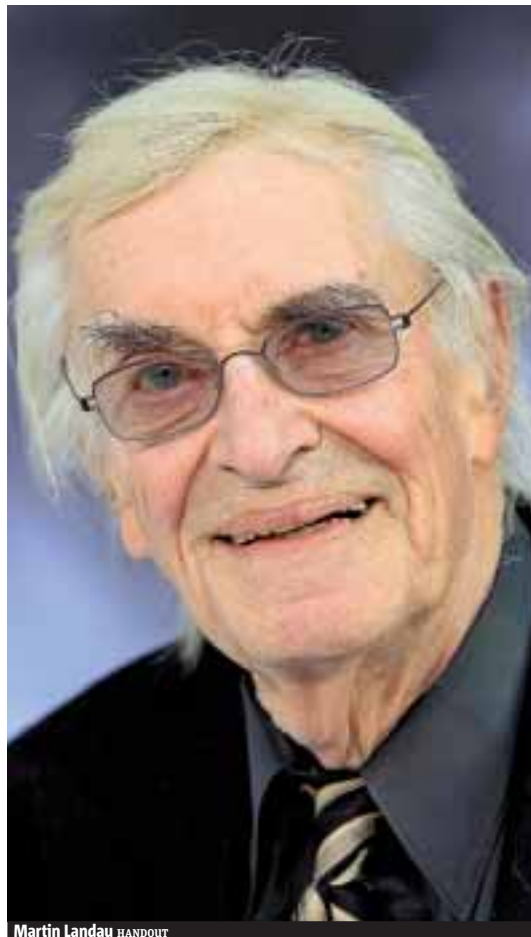
WEEKDAYS
5:30-10am

Looking back on half a century of acting

Martin Landau. Actor and Frankenweenie star shares the things he's learned after 50 years in front of the camera

At 84 years old, Martin Landau has seen a lot of the entertainment industry, and he's got stories to share. We sat down with the legendary actor, who re-teams with Tim Burton for Frankenweenie, to touch on a few topics — of his choosing.

NED EHRRAR/MWN



Martin Landau HANDOUT

On Ed Wood, his first film with Tim Burton

I loved it. But it certainly didn't make Disney very wealthy. It didn't gross a whole lot of money the first time around. It sort of caught up with the DVDs and the VHSs and stuff afterward, when people sort of caught up with it. I knew it was not your most commercial of movies. Only Tim would've made this picture. There's no one else who would have even bothered. I just think it's a very special film and unique. And awfully good. I mean, forget present company, but the whole thing had such a feeling of this group of people trying to make movies. I mean, it's sort of sweet and sad and funny and... awful.

On re-teaming with the filmmaker

I usually get along pretty well with directors, and the good ones create a playground for you and it's a very creative time. Whether it be Hitchcock or Coppola or Woody (Allen) — well, Woody doesn't direct anybody. But Tim is a friend. I may not see him for a year or a year and a half, but when I see him it's just like no time went by. It's like the time in between has been edited out. We'll continue a conversation we had two years ago. I have that with Johnny (Depp), too, in a certain way.

On life as an actor

Jack Palance and I worked together four times over the years. A lot of people had trouble with him, I never did. He could be dangerous in a fight sequence and stuff, but I got along with him and I know a lot of people who didn't. He was a bit irascible. But when we saw each other, it was like bingo! It was like we saw each other two days ago. And that happens a lot if you're in the theatre or film. Actors tend to do that very comfortably because we know there's such an intense time that we're working together that if we're into each other in a certain way — we stay in the same hotels when we're on location and we as a result eat a lot together, drink a lot together, hang out together. Then you don't see them and you're into something else, you see other people. And sometimes two, three, four years go by and you see them again and it's like no time's gone by. It's pretty peculiar. Other people don't usually have that.

On the early days of TV

There was CBS, NBC and the Dumont Television Network, because ABC didn't have a network yet — radio, but not television. Dumont lost its franchise and ABC took it over because the shows were so poor — and I did a lot of work on Dumont. I did a detective show called The Plainclothesman. It was awful. And we had 12 hours from the time we read the script to the time it was on the air. You had to think on your feet. The cameras would go out and you'd have to change clothes on the run and slip into a chair because you were just in the scene before. The wardrobe people would run and Velcro you in the back and change your tie with Velcro, and you'd run like crazy and get into a chair as the camera was pulling back. They'd light a cigarette for you and you'd sit there as if you'd been there 20 minutes. By the time the camera got back you were trying not to breathe fast because you were running a country mile to get there. And the best part of that acting was just being able to breathe and not look like you were gasping. That was acting!

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Escape thrillers more than escapism

New movie. Ben Affleck's *Argo* joins a long list of movies that make the big break-out sequence their main thrust



IN FOCUS
Richard Crouse
scene@metronews.ca

It's no spoiler to tell you the action in *Argo*, the new thriller starring and directed by Ben Affleck, centres around a daring escape. Based on the real life covert operation to free six American diplomats after the seizure of their embassy in Tehran, the movie showcases the cooperation between Canadian diplomat Ken Taylor and the CIA that led to the film's exciting climax.

Even if you already know how the movie ends — and in this case it's a matter of public record — nothing will keep you on the edge of your seat quite like a daring escape.

The big screen version of



Ben Affleck stars as Tony Mendez in the escape flick *Argo*. HANDOUT

The Fugitive, starring Harrison Ford as Richard Kimble, a wrongly accused man on the lam from the law, is essentially one big escape sequence. The most famous is the crash between Kimble's prison transport van and a freight train. To film the scene where the wanted man makes his

way out of the twisted wreck they actually crashed a van into a train, although the image of Ford jumping from the ruin was added later.

Not surprisingly, some of the best escape movies tip their hand by including the word escape in the title.

The Great Escape sees

Steve McQueen lead a cast of Second World War allied POWs who arrange a mass escape from a German camp. Motorcycle enthusiast McQueen refused to sign on to do the movie until a cycle chase was included in the script. The director agreed, and when the scene was shot

even allowed McQueen to ride along as a German soldier. In the final, edited sequence McQueen, in disguise, is seen chasing after himself.

Based on a true story, *Escape* from Alcatraz starred Clint Eastwood as one-third of a team who staged the only successful escape from the

Quote

"Even if you already know how the movie ends — and in this case it's a matter of public record — nothing will keep you on the edge of your seat quite like a daring escape."

island prison. Many of the dangerous looking stunts in the film were as risky as they looked. Director Don Siegel insisted the actors do their own stunts, but twice feared his stars had been lost to the strong currents of San Francisco Bay.

Finally, in *Escape* from New York, the city is transformed into a giant maximum-security prison.

The twist is one of the prisoners is hired, after the President's plane crashes, to get the Commander-in-Chief out safely. In this one *The Great Escape* alum Donald Pleasence plays the president, although it's never explained why the U.S. leader has an English accent.



Stephen Amell stars as Oliver Queen in the new CTV series *Arrow*. HANDOUT

Learning to shoot straight as a (Green) Arrow

AMBER RAY
scene@metronews.ca

After a tragic shipwreck, billionaire Oliver Queen (Stephen Amell) was considered dead.

He washed up on a remote island and spent five years honing his survival skills —

including his prowess with a bow and arrow — before being rescued.

Back home in Starling City, he quickly realizes the mistakes of his past — and the wrongs of his family. Feigning his former playboy persona by day, he secretly takes on the persona of the vigilante Arrow at night to

make amends and bring justice to his hometown.

To nail the physicality of playing the modern update on DC Comics avenger Green Arrow (which premieres tonight at 8 p.m. ET/PT on CTV Two) Amell's training included parkour.

"That was when the training became intensive, be-

cause it was all of these muscles that I didn't even know existed, let alone had used before," Amell says.

It was an experience that took a lot of learning on a number of levels.

Prior to taking the role of Arrow, Amell had never picked up a bow and arrow.

"I have a wonderful coach,

Patricia Gonsalves, and she started my training by showing me a 45-minute video of all the ways that archery has been done badly on television and in film," Amell says.

"The first thing was getting the form. And I really like archery. I mean, I enjoy practicing it when I have time off. It's an interesting sport."



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Jersey Shore cast looks ahead as ending nears

Tanned Troupe.

The wildly popular reality TV show drew ire for the cast's drunken antics

The clock is ticking for Jersey Shore.

The boozy reality TV series about a group of self-proclaimed "guidos" and "guidettes" cohabiting in a run-down Seaside Heights, N.J., party house is winding down as its sixth — and MTV promises, final — season gets under way almost three years after it debuted and became a pop-cultural situation spawning catchphrases, punch lines, hairdos and tabloid fodder.

Don't remind the show's cast. They're not quite ready for their 15 minutes of fame to end.

"That was the longest 15 minutes of my life!" Ronnie Ortiz-Magro boasted during a recent interview with his pals.

"We got, like, a half hour," joked Paul "DJ Pauly D" DelVecchio.

What began as yet another MTV reality show — The Real World with fist-pumping Italian-American 20 somethings — became one of the network's biggest hits.

Over the past five seasons, the Thursday night show dominated the Nielsen ratings, drawing as

many as eight million viewers and consistently ranking as the No. 1 cable series in the 12-to-34-year-old demographic.

As the popularity of Jersey Shore grew, so did disdain for the series documenting the drunken antics of Nicole "Snooki" Polizzi, Mike "The Situation" Sorrentino and company.

Italian-American anti-defamation groups lashed out at Jersey Shore for its stereotypical portrayals. New Jersey Gov. Chris Christie once deemed it "negative for New Jersey."

Despite the continued unapologetic success of the series, MTV announced this summer that the sixth edition would be the last call for the Jersey Shore cast and crew, who fled winter for Miami Beach in the second season and travelled to Italy for the fourth edition.

It's a bittersweet moment for the tanned troupe, who have no interest in fading out of the spotlight.

"Everything has to come to an end," said DelVecchio. "Sopranos ended. Entourage ended. Jersey Shore has to end. It's only a chapter of our lives. Now, another chapter of our lives is opening. We're just gonna use that tool. Whoever is smart enough to make the right decisions will make it last forever. That's the name of the game: making it last forever."

THE ASSOCIATED PRESS

So what's next?

After living the past three years in front of MTV — and paparazzi — cameras, are the castmates going to miss all the attention, and those lucrative endorsement deals?

- DelVecchio is waiting to hear if his spin-off, The Pauly D Project, will be picked up for a second season, while Polizzi and Jenni "JWoww" Farley recently wrapped up filming a sophomore installment of their series, Snooki & JWoww.

- Farley, who recently got engaged to boyfriend

Roger Mathews, isn't opposed to televising her possibly Las Vegas-set nuptials.

- "I would only because my fans got to see my relationship unfold on Jersey Shore — from meeting Roger to him asking me out on our first date, for our first and second anniversaries, so why not?" said Farley, who is counting her female Jersey Shore mates among her bridesmaids. "But Roger's a very private person, so I have to do some convincing."



Jersey Shore kicks off its final season. HANDOUT

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Ben Affleck

Ben Affleck not the hit-and-run type

Ben Affleck isn't just a talented actor and director, he's also a responsible citizen. While running errands in Santa Monica recently, the *Argo* star sideswiped a parked car, knocking off its side mirror, according to Hollywood scoop. But unlike some

Hollywood starlets we could name, Affleck did the right thing by stopping and leaving a note on the car's windshield. The note read, "Hi, knocked off your mirror! Very sorry! Will cover everything — Ben," followed by his contact information.

Twitter



@taylorswift13

I feel like I'd be more understood if people knew 'I Don't Want to Miss a Thing' by Aerosmith is how most of my emotions sound in my head.



@wossy

Good morning ! I am not feeling well. But I can stay indoors all day and drink tea. So there's the silver lining right there.



@justinbieber

i care



@Joan_Rivers

The good news is that self-driving cars are now legal in California. The bad news is that so are the ones driven by Lindsay Lohan.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Led Zeppelin refuse to answer reunion questions



THE WORD
Dorothy Robinson
scene@metronews.ca

Don't ask Led Zeppelin if they're getting the band back together.

Numerous reporters tried yesterday at a press conference promoting the release of their concert film, *Celebration Day*, but the British rock gods dodged and weaved. "We've been thinking about all sorts of things. But we can't remember what we were thinking about," quipped lead singer Robert Plant. John Paul Jones, Jimmy Page and John Bonham's son, Jason Bonham, who played drums on the band's one-off 2007 tribute concert for friend and Atlantic Records founder Ahmet Ertegun, were equally mute on the subject (actually, Bonham never commented one way or another on the topic; he just seemed stoked to be there).

"At this time five years ago we were rehearsing



to get to the O2. If you think about the time it gets something like that to get together, it seems unlikely," said Page. He continued: "We were so happy we were getting it right and taking it beyond what we thought we were about that night. To do that four nights a week is a different thing entirely."

But they never said never.

So there is still hope for all you Zepp fans out there. And if you do either catch them live or see the film, keep an eye open for the band's facial expressions. "We used to call ourselves 'The Band of Nods' because if you missed a cue you would nod — that had nothing to do with opiates," said Plant. "And now, we've turned into 'The Band of Middle Aged Grins.'"



Jennifer Aniston

Aniston showing off giant gem on ring finger

Jennifer Aniston is set to marry fiancé Justin Theroux — and she's got the massive engagement ring to prove it.

During a recent afternoon out with Theroux in Santa Fe, N.M. — where Aniston is filming *We're the Millers* — the actress showed off a giant gem on her ring finger, according to *Us Weekly*. But while the ring may be plenty flashy, don't expect the wedding itself to be, as sources say Aniston is planning a "destination wedding" with close friends, "kind of like eloping with a few friends. There will be the feeling of a vacation, since that's their favourite thing to do."

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Drink wine in upstate N.Y.

The Finger Lakes region is a lesser-known haven for grape lovers

NOLAN GAWRON
Metro World News

In the Finger Lakes region of upstate New York, there's a growing excitement — literally. Grapes! Wine grapes, to be more specific. The sloping hillsides, lake breezes and a steady summer sun have always provided the picturesque Finger Lakes region with a healthy grape-growing climate. But until recently, the land was primarily used to grow local Concord grapes that were sold to juice companies.

In recent years, younger generations have taken over the family farms and begun experimenting with wine grape varieties. While the yield can be more profitable, the arduous and artistic process is all the more intensive and comes with a higher risk factor. But with continued growth and a respected product that has gained praise and earned prizes all over the world, the shift seems to be working. Now with 109 wineries, the Finger Lakes have helped make New York the third largest wine producer in America.

Even though the area is known for its Cabernet francs, chardonnays, pinot noirs and ice wines, it's riesling that reigns supreme. With a climate similar to its German origins, the varietal has found a second home here. Ranging from dry to sweet, each vineyard in the area produces at least one style of Riesling — some make several — and many have won worldwide Gold Medal honors.



Soak up the wine and the scenery in the Finger Lakes region. ALLEN MCGREGOR/Flickr



Is Finger Lakes the next Napa Valley? VISIT-FINGERLAKES/Flickr

Camaraderie over competition

With a wine trail marked by road signs, vineyard tours and tasting rooms, tourism in the Finger Lakes is increasing. And with several wineries adding inns and high-end restaurants to their properties, many are calling the Finger Lakes the next Napa Valley. Vineyard owners in the area, however, are quick to point out a monumental difference — a unified sense of community. Here it's camaraderie, not competition, since in this region the vineyard owner is often the farmer, the marketer, the salesman and sometimes even the deliveryman. "If someone needs a forklift, we let them borrow ours," says Ted Marks, proprietor of Atwater Vineyards. "And they would do the same for us. People come from all over the world to work here and can't believe that we want to help each other succeed. We do what we do well. And we do it without pretension."



Segway tours are becoming a popular activity at resorts. THE ASSOCIATED PRESS

The perfect getaway: Golf, spa treatments ... and Segway tours?

Travel trend. The often-mocked vehicle of choice for mall cops has found an unlikely surge in popularity at vacation spots

Some couples celebrate their anniversary with a horse-drawn carriage ride. Others rent a romantic cabin in the woods. A few even jet off to Las Vegas and renew their vows in front of Elvis.

Lori Kelly and her husband Gene recently marked their second anniversary by touring the woods of the Omni Bedford Springs Resort & Spa in Bedford, Penn. on a Segway.

"It was absolutely fantastic. It is really the ultimately unique experience especially for people my age," said Kelly, 59. Her husband is 64. "It gives you the flavour of adventure

with very little threat of injury."

The Segway, first introduced a decade ago as an alternative mode of personal transportation, is getting a new life at a growing number of resorts around the world. For those not familiar with the two-wheeled electric vehicle, it works like this: Lean forward to move forward. Lean backward to go in reverse. Move the handlebars, and it turns left or right.

The device never quite took off as an everyday way to get around, but it has found a niche replacing city walking tours and helping security guards patrol local shopping malls. And now hotels with sprawling grounds are finding the Segway to be a great way to show guests around their properties. Plus, the devices are still quirky enough to be an attraction in their own right.

"You don't need any special skills to navigate around on it," said Kelly, the executive director of the American Red Cross

What's in a Segway tour?

- **Cost.** Prices generally range from \$60 to \$125 per person.
- **Requirements.** Several resorts have minimum age requirements and only allow guests between a certain weight, generally 100 to 260 pounds.

in West Virginia.

She and her husband travelled in mid-September from their home in Shepherdstown, W.Va. to Pennsylvania resort for a two-night getaway. They shopped, sat by the hotel's fire pits, played horseshoes and had a romantic anniversary dinner.

But what really made the trip unique was the 90-minute, off-road Segway tour for \$90.

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Eat healthy and delight your tastebuds — yes, it's possible

Eating a balanced diet is one of the most important factors in achieving a healthy lifestyle. Fortunately, being health-conscious doesn't mean you have to give up the dishes you love.

Canadian chef Stefano Faita is a firm believer in healthy eating, and often

Ingredients

- 50 ml (1/4 cup) extra virgin olive oil
- 2 cloves garlic, chopped
- 1 sprig rosemary, finely chopped
- 1 ml (1/4 tsp) red pepper flakes (or to taste)
- 300 g (10 oz) ground lamb
- 125 ml (1/2 cup) white wine
- 1 can (540 ml/ 19 oz) diced tomatoes
- Salt, to taste
- 1 box (375 g) Barilla whole grain spaghetti
- 15 ml (1 tbsp) butter
- 175 ml (3/4 cup) grated Pecorino Romano cheese

Whole Grain Spaghetti with Spicy Lamb Sauce



This recipe serves four. NEWS CANADA

relies on his Italian roots for recipe inspiration.

"There is a ton of healthy whole grain pasta options out in the market," he says.

Here he pairs whole grain spaghetti with spicy lamb sauce.

1. In a large skillet over medium heat, heat olive oil. Add the garlic, rosemary and red pepper flakes, sautéing until garlic turns slightly yellow. Add ground lamb; cook until well browned.

2. Stir in wine and cook for about 1 minute. Add tomatoes with juice and 3/4 cup (175 ml) water; season with salt. Simmer until liquid has evaporated and sauce is thickened. Cover and keep hot.

3. Meanwhile, cook spaghetti according to package directions. Drain and toss with sauce.

4. Stir in butter and cheese before serving.

NEWS CANADA/ BARILLA.CA

Drink of the Week

Memories of summer

As we're well into fall, many of us are missing warmer weather. This Paloma is a classic combination of tequila and grapefruit, reminiscent of summer.

- 2 fresh strawberries
- 45 ml (3 tbsp) tequila
- 15 ml (1 tbsp) fresh lime juice
- 60 ml (4 tbsp) fresh pink grapefruit juice
- 15 ml (1 tbsp) agave nectar
- Ice
- Splash soda water
- Pink grapefruit slice and strawberry half, for garnish

Muddle strawberries. Add tequila, lime, grapefruit juices and agave nectar, and shake well with ice. Strain over ice in a tall glass. Top with soda water. Garnish with a slice of pink grapefruit and half a strawberry.

THE CANADIAN PRESS/
MILAGRO
TEQUILA



Mushroom Fettuccine. Use different pestos in quick and tasty supper

Instead of basil pesto, try using sun-dried tomato, cilantro or mint pesto for variety in this quick and easy supper.

Ingredients

- 375 g (12 oz) dry fettuccine, cooked and drained
- 30 ml (2 tbsp) olive oil
- 500 g (1 lb) sliced fresh mushrooms
- 250 ml (1 cup) chopped red onion
- 2 cloves garlic, minced
- 125 ml (1/2 cup) prepared basil pesto sauce
- 1 ml (1/4 tsp) salt
- Grated Parmesan cheese (optional)
- 50 ml (1/4 cup) toasted pine nuts or chopped walnuts

1. Cook fettuccine according to package directions.

2. Meanwhile, in a large skillet,

heat olive oil over medium heat. Sauté sliced mushrooms and onions for 4 to 5 minutes or until lightly browned. Reduce heat and stir in garlic, pesto and salt; heat just until warm.

3. Add drained hot pasta and toss to coat well; taste and add a little more salt if not garnishing with Parmesan. Serve hot or at room temperature. Garnish with cheese, if desired, and pine nuts.

THE CANADIAN PRESS/ MUSHROOMS
CANADA, MUSHROOMS.CA



This recipe serves four. THE CANADIAN PRESS H/O

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Drilling your way to a dream job

It's a gas. An expert spills secrets on an exciting and changing industry

CASSANDRA JOWETT
talentegg.ca

Technology. Sustainability. Mobility. Those are the top three reasons now is a really exciting time for students and recent grads to start careers in the oil and gas industry, according to Cheryl Knight, executive director and CEO of Petroleum Human Resources Council of Canada.

Knight knows the industry better than most, so we asked her what she thinks the most exciting things about the petroleum sector are right now.

Technology

"I think what I find most interesting is how much of a role technology is playing in creating changes in the industry," she says. "Changes including how the work is done, how the production of oil and gas happens, and what the jobs are. We are seeing that technology and being technology proficient is really an important part of the industry."

She cites the development of Alberta's oil sands as an example: In past, operations in the oil sands were primarily mining — large shovels would dump the oil sand into trucks to be taken to be crushed and processed into oil. This method is slow and inefficient, and can only extract oil sand up to 75 metres below ground.

Today, more than 80 per cent of oil sands development uses in-situ drilling — a thermal technology known as steam assisted gravity drainage (SAGD). The high-tech SAGD process allows petroleum producers to access reserves that are much deeper in the earth and recover a higher percentage of the oil contained in the sand.



Green on the scene: The gas and oil industry is hiring more environmental experts than ever before. ISTOCK

Experience that expands

"A person isn't pigeonholing themselves by joining the oil and gas industry. On the contrary — the skills will transfer quite well to the natural resource sector as well as government, communications and stakeholder relations organizations."

Cheryl Knight

"The reason [the oil sands] is growing so big is because of the technology," Knight says.

Another example is the use of directional drilling and hydraulic fracturing.

"It enables the industry to use one very expensive, highly technologically-advanced rig and pad, reducing the surface impact," she says. "You have one rig that spends a lot of time drilling in a variety of directions while it stays in the same place. The rig doesn't move."

All of this high-tech equipment requires specialized technicians, technologists and skilled tradespeople to build, operate and maintain it, creating many new jobs for people

with the most up-to-date education and technical skills.

Sustainability

No, sustainability is not a four-letter word in oil and gas. In fact, says Knight, environmental sustainability has woven itself into every single job in the industry.

"I don't go anywhere or to any meeting where people in the industry aren't aware of the footprint on the land — they're concerned about things like carbon emissions and water consumption," she says. "It's part of our industry — the environment is part of oil and gas."

As interest in environmental sustainability within the petroleum sector grows, so does the demand for people who are qualified to help oil and gas companies monitor, manage and improve their impact on the environment.

"These sorts of things are really opening up a variety of career opportunities," Knight says.

Mobility

While the oil and gas sector is probably going to be where it's at for the foreseeable future — there are more than 500,000 people employed directly and indirectly in the oil and gas industry now, and it is estimated that the oil sands alone will

support 905,000 jobs by 2035 — starting your career in the industry doesn't mean you're stuck in it (or your first job or location) forever.

"A person isn't pigeonholing themselves by joining the oil and gas industry," Knight says. "On the contrary — the skills will transfer quite well to the natural resource sector as well as government, communica-

tions and stakeholder relations organizations."

Plus, since you will have the opportunity to work with so many different people and organizations, you'll develop a strong professional network across a wide variety of locations and sectors that could really take you places.

"It's a really great industry; it provides a real combination

of field work and office work, and I think that's appealing to a lot of people," she adds.

Many companies operate in multiple countries and they're looking for people who want to travel the world while they're working."

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PET LOGIC

NINE IMPORTANT CONSIDERATIONS TO PONDER BEFORE YOU DECIDE TO ADOPT A PET

“When you get a pet, it’s like you are inviting a new member into your family,” says Michael Sullivan, executive director, Humane Society of Canada. Here are nine important considerations before your family makes the commitment.

1 COST. According to Sullivan, a cat or dog costs on average \$1,500 per year (for the initial spay or neuter, vaccinations, food and other health costs). Exotic pets may be inexpensive but their ongoing needs will add up, too.

2 LIFE SPAN. Be aware that a cat can live up to 20 years, explains Dr. Jean Gauvin, a small animal practitioner in Lachine, Que., and vice-president of the Canadian Veterinary Medical Association, while a

small dog can live about 12 years, a parrot more than 30, a rabbit 12, and a hamster may live four years.

3 SCHEDULE. Dogs, especially puppies, require a lot of your time for training and daily walks. Cats are easier because they don’t need training outside of litter training. Most exotic pets (gerbils, reptiles, fish, and birds) will need daily care.

4 LIFESTYLE. If you are active, an active dog breed makes sense. But what will you do if you are someone who travels a lot? Gauvin says for shorter jaunts, a cat and exotic animal may be easier to leave or have looked after.

5 FUR. If someone in the family is allergic, consider a poodle or other non-

shedding dog, says Gauvin. Or consider a lizard or snake.

6 SPACE. A small dog or cat might be best suited for a condominium or apartment while a Great Dane might better suit a home in the country. Exotic pet cages and aquariums will need a dedicated place in your home, too.

GETTING YOUR PET

If you don’t purchase a full bred animal from a reputable breeder, adopt an animal from a shelter, rescue group, humane society or local pound.

7 FOOD. Sixty per cent of what you spend on a dog will be for food. Consider that a rabbit needs fresh vegetables while a cat is happy with canned food. Some exotic pets need special food — snakes eat mice while lizards love crickets.

8 EXPERIENCE. If this is your first pet, do your research, says Sullivan. Some dog breeds are easier to manage than others. For example, border collies need to be kept busy while a Shih Tzu doesn’t. Cats are more self sufficient, says Sullivan. Most birds need time out of their cages.

9 AGE. If you get a puppy or kitten, you will have more work to do in the first year. A young adult dog or cat is less work — and you are saving an animal life.



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Hockey

Hasek's hope for NHL return fading

Dominik Hasek appears to be done with hockey after giving up hope of another return to the NHL.

The 47-year-old goalie resumed training ahead of this season hoping to get picked up by an NHL club, but told Czech daily Sport on Tuesday that it is "very unlikely" he would play again after no team offered him a contract amid the current lockout.

Hasek was twice named the NHL's MVP, and took home the Vezina Trophy six times. He announced his retirement in 2002 after winning his first Stanley Cup with the Detroit Red Wings, but came back and then retired from the NHL again in 2008.

THE ASSOCIATED PRESS



Dominik Hasek speaks on Sept. 5 in Pardubice, Czech Republic.

THE ASSOCIATED PRESS FILE

Tennis

Raonic opens strong in Shanghai

Canada's Milos Raonic reached the second round of the Shanghai Masters, beating Australian qualifier Marinko Matosevic 7-6 (4), 6-3 on Tuesday.

The 12th seed from Thornhill, Ont., fired 14 aces past Matosevic and won the match in one hour 28 minutes. Raonic will face former Grand Slam finalist Marcos Baghdatis of Cyprus in the second round.

THE CANADIAN PRESS

Cap in hand: Salary structure in jeopardy?

NHL lockout. Fehr says extended lockout could cause NHLPA to reassess playing under salary cap

Donald Fehr expressed some hope that collective bargaining talks this week will help lead to some resolution.

But he also made it clear in an hour-long meeting with the Torstar News Service editorial board that the longer the NHL lockout lasts, the less happy the players will be playing under a salary cap.

"If this goes on for an extended period of time, I don't know what they (the players) are going to do. But I think it's safe to say, they would be exploring all options," said Fehr.

He added the players can live with a salary cap if an agreement can be reached quickly.

"Where the players are, they want to make a deal," Fehr said. "Even though the owners' proposal went as far away from the players as they could, the players did not respond in kind. They made a proposal which moved in the owners' direction. If there can be an agreement in a relatively short term, which puts the pieces back together and gets the season going, I think the players can live with that."

Fehr fell short of calling for the salary cap to be scrapped outright — something that would put the NHL and the players further apart. But it was a reminder to commissioner Gary Bettman and the owners — on the eve of new talks with the league on non-core economic issues — that things can get ugly in a hurry.

"I hope we can continue to make some progress on what we call the non-core economic issues and I hope we can have discussions that can spark a



NHLPA executive director Donald Fehr meets with the Torstar News Service editorial board on Tuesday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Quoted

"In basketball (the NBA locked out its players last season) they played 75, 80 per cent of the season starting as late as Christmas. I do hope we start many weeks before Christmas."

NHLPA executive director Donald Fehr on Tuesday. Fehr declined to predict when he thought the NHL season might begin.

new round of significant talks on the core economic issues," said Fehr.

NHL deputy commissioner Bill Daly said the league has heard the association's threats related to the salary cap before.

"Ultimately, it's their call,"

Daly said in an email to Torstar News Service. "Hopefully, we all want a quicker resolution to this negotiation than a longer one. How the PA ultimately decides to deal with that issue will be very telling."

TORSTAR NEWS SERVICE

Dates to watch

Oct. 19

Potential date of the next round of game cancellations.

Nov. 10

Hall of Fame Game weekend, first big weekend for league on a national scale.

Nov. 23

Black Friday on U.S. Thanksgiving weekend — also the date NBC was to kick off its TV broadcast schedule; a very important date for the NHL.

Dec. 7

Another round of cancellations? Pretty well the latest hold-out date before cancelling the Winter Classic.

Dec. 21

If two more weeks are scrapped here, start thinking about the integrity of season.

Jan. 1

Winter Classic — Toronto vs. Detroit at Ann Arbor, Mich.

Jan. 11

Date the 1994-95 lockout ended, salvaging a 48-game season.

Jan. 18

Be very pessimistic about the season, if there's another round of cancellations.

Feb. 16

Date the 2004-05 season was cancelled.

4 SPORTS



FALL STANDINGS SEASON



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Valanciunas' wait to join Raptors is over

NBA. Raptors rookie from Lithuania has been chomping at the bit to play. Toronto plans to give him his chance on Wednesday

In the few minutes the media saw the Raptors working on half-court offensive sets Tuesday afternoon, the one glaringly apparent fact was that Jonas Valanciunas loves to play basketball.

He wanted in every drill, set screens, got rebounds, took shots and was having a ball.

Imagine how he'll feel Wednesday night in Auburn Hills, Mich.

After a minor setback thanks to a strained calf that sidelined him for a week of training camp, Valanciunas is expected in the lineup when the Raptors face the Detroit Pistons in their second exhibition game.

"We're going to throw him out there," coach Dwane Casey said after Valanciunas went through a full three-hour contact practice at the Air Canada Centre.

"We're going to see how his body feels (Wednesday) after going through (Tuesday) and then we'll make the decision. We'll see how he reacts but we're anticipating looking at him (against the Pistons)."

He's been working diligently on the side, under the auspices of director of sports science Alex McKechnie, since he suffered the injury before



Toronto Raptor Jonas Valanciunas shoots during training camp in Halifax last Friday. After a minor injury setback, Valanciunas is expected to play against the Detroit Pistons on Wednesday. THE CANADIAN PRESS FILE

Quoted

"Every time he gets the ball in the paint, he's trying to dunk it so it's either going to be a dunk or a foul."

Raptors guard John Lucas III on his teammate Jonas Valanciunas

camp began and he even tried to sneak into a few full speed drills during a week of work in Halifax.

He was caught and sent back to the sidelines to work individually but it does speak to his eagerness to get on the court for real, something that hasn't gone unnoticed by his

teammates.

"Jonas does a lot," said guard John Lucas III. "I don't know if a lot of people know his game yet but he can knock down a 15-footer, he's athletic, he just plays hard."

Long season or not, the Raptors are eager to see how Valanciunas's exuberance on

the practice court carries over to a game — even if it is just an exhibition. Casey didn't say how much Valanciunas will play, if he does; he just wants to see something and to let the 20-year-old start his indoctrination into the NBA style of play.

"He looks good, he's got active, active hands, he's long, not afraid of contact, he'll hit you first," said Casey. "Again, we want to work with him to make sure he makes the right decisions, when to screen, when to hit people so he doesn't get the cheap fouls."

TORSTAR NEWS SERVICE

Sports in pictures



1 NBA. Mavericks come up small without Nowitzki in Barcelona

Dallas guard Darren Collison, right, drives against FC Barcelona's C.J. Wallace during an exhibition game on Tuesday in Barcelona, Spain. A swollen right knee kept Dirk Nowitzki out of the Mavericks' 99-85 loss, with Pete Mickeal and Juan Carlos Navarro each scoring 19 points for the 17-time Spanish champions. THE ASSOCIATED PRESS

2 NFL. 'No question': Jets are sticking with QB Sanchez

Mark Sanchez is staying put as the New York Jets' starting quarterback. Despite struggling again in a 23-17 loss to the Houston Texans on Monday night, Sanchez is still Rex Ryan's guy — despite many fans and media suggesting a switch to Tim Tebow could help the Jets (2-3).

"Yeah, no question," the Jets coach said Tuesday without hesitation when asked if Sanchez remains the team's starter. THE ASSOCIATED PRESS

3 MLB. Cardinals take left-hander Garcia off of playoff roster

The St. Louis Cardinals removed Jaime Garcia from their NL division series roster Tuesday, a day after he lasted only two innings in his Game 2 start because of an ailing shoulder. An MRI revealed that the left-hander has a strained rotator cuff and inflammation in his throwing shoulder. He'll be replaced by rookie right-hander Shelby Miller.

THE ASSOCIATED PRESS

4 Soccer. Royals help crack lid on new training complex

Prince William and wife Kate try out a reaction game on Tuesday at the unveiling of English football's new headquarters. The opening boosts hopes that one of soccer's serial underperformers can close the gap to the world's best. Thirty-seven years in the making, the 100-million-pound (\$160-million) national soccer centre in central England will be the permanent home for all 24 of England's senior and junior teams as well as a training base for aspiring coaches. THE ASSOCIATED PRESS

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Styling and shape

The new Pathfinder, which arrives this fall, has been on a serious diet, shedding about 110 kilograms over the outgoing model. This meant converting to a unitized (frameless) platform that's shared with Nissan's Infiniti JX luxury wagon.



The V6 is teamed with a continuously variable transmission (CVT).

Drive options

Nissan's 4x4 option is worth it for anyone living or working in snow-belt regions where being stranded in -30 C conditions is just not an option. The All-Mode 4x4-i system allows you to select either two- or four-wheel-drive, or engage the Auto setting and let the All-Mode make the call, depending on tire slippage.

Comfort

Passenger comfort was apparently paramount with Nissan's designers, who created a third-row reclining seat and a second row with 13 centimetres of fore and after travel. The split-second bench also features an "EX Flex" portion that slides forward for easier third-row access.

MALCOLM GUNN

Wheelbase Media

It was a category full of off-road-ers that buyers just couldn't get enough of. The seemingly unstoppable Ford Explorer. The go-anywhere Nissan Pathfinder. It's amazing how things change in five or six years. In

simple terms, the Explorer and Pathfinder are no longer truck-based, off-road-capable sport utility vehicles.

Like the Explorer, Nissan's seven-passenger bus has emerged from its chrysalis as a family wagon able to conquer nasty road and weather conditions. The Tennessee-built wagon had remained virtu-

ally untouched since the 2005 model year. A robust body-on-frame chassis made it ideal for boulder-bashing, creek-fording activities.

The new sheet metal manages a passing resemblance to the outgoing rig as far as the grille is concerned. But from there the quaintly boxy body-old, with its muscular fender

flares, has given way to gentle curves and rounded edges.

The Pathfinder S is expected to come with the usual accessories, including tri-zone climate control and 14 cup/bottle holders. The SV adds roof rails and a rearview monitor while leather-covered seats, remote engine start and a power lift-gate are SL highlights. From

there, the sky's the limit on the options front, with features such as an up-level sound system.

The reborn Pathfinder might have been stripped of its traditional sport bravado, but it will certainly add new friends with an easy-on-gas powertrain, easy-to-take creature comforts and easy-on-the-eyes design.

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Increase safety and save on fuel with a wise tire choice

Driving Force. Look for the right balance when choosing rubber for your vehicle with maximum gas savings and tread life in mind

JILL MCINTOSH
drive@metronews.ca

It might surprise you to know that very little of your gasoline's energy — only about 15 per cent — is actually used to move the car forward. In addition to such things as wasted heat, idling, and aerodynamic drag, your tires are also chewing up your fuel.

"Twenty per cent of the energy consumption on a car is to overcome the tires' rolling resistance," says Ron Margadonna, senior technical marketing manager for Michelin North America. "It's not the largest — aerodynamic drag

is larger — but it's a significant energy that you have to overcome."

Minimizing this friction has long been a factor in the design of most tires, but rising fuel prices and tighter government fuel economy standards are making low rolling resistance (LRR) even more important with tire manufacturers. The major challenge is that tires involve a number of attributes, including tread wear longevity, road noise, and traction when braking or on wet roads. Manufacturers who concentrate too much on one attribute will compromise the others.

In some cases, trade-offs are acceptable: someone who buys an extremely "sticky" tire for high-performance handling on a race track knows that this tire will wear quickly, for example. However, most consumers want tires that balance these attributes. Tire makers use special rubber compounds, tire construction, and tread

Things to note

- **Inflation.** No matter what tire you buy, proper inflation is the key to maximum fuel savings, tread life and performance. Check your tire pressure once a month.
- **New breed.** Within a few years new tires will be sold with easy-to-understand labels that will rate their fuel efficiency, tread wear and safety for wet traction.

patterns to maximize the tire's performance, including its fuel efficiency. "The key is managing that energy as the tire deforms through its revolution, so there are advanced polymers that we're using," Margadonna says. "Comfort and noise levels have been improved in low rolling resistance tires." Michelin uses a "Green X" logo on the sidewalls of its tires that use these fuel-saving technologies.

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Horoscopes

Aries

March 21 - April 20

Things may get hot over the next 24 hours, but that's OK because you are the kind of person who thrives when the pressure is on. Just make sure you remember to keep thinking. Instinct alone won't be enough.

Taurus

April 21 - May 21

You may have to give ground to a rival today, simply because he or she is even more stubborn than you are! The planets warn that if you go toe-to-toe with them, it could be you who comes off second best.

Gemini

May 22 - June 21

If someone you work or do business with gets a bit aggressive today, you would be wise not to meet their challenge head-on. This is the kind of confrontation you cannot win, so be sensible.

Cancer

June 22 - July 23

You are in the kind of mood where you are quite prepared to turn your life upside down if you believe it is needed to bring success. You may be right, but don't go too far and get rid of everything.

Leo

July 24 - Aug. 23

You will get what you want today — one way or the other. But Mercury linked to power planet Pluto suggests you may upset a few people along the way. Do you care? That just has to be a stupid question.

Virgo

Aug. 24 - Sept. 23

Put the past behind you and focus on the future. There is no point dwelling on what might have been, and why would you want to when your current prospects are so good? Each day can be a new beginning.

Libra

Sept. 24 - Oct. 23

Do you have the guts to take some kind of gamble? If you do, it could well pay off — especially if you act decisively on what your inner voice tells you. Others will disagree, of course. But they know nothing.

Scorpio

Oct. 24 - Nov. 22

Mercury in your sign linked to your ruler Pluto means there is not a shadow of doubt in your mind, but others are not so sure you know what you are doing. Your task today is to find ways to convince them.

Sagittarius

Nov. 23 - Dec. 21

Seize the initiative today. Make your bid for fame and fortune. If you don't, you may look back later and wonder what might have been — and the worst part is, you will never know. Do something daring!

Capricorn

Dec. 22 - Jan. 20

Sometimes in life you have to make a decision and stick to it, and this is one of those times. Whatever you are called to act on today, you must be brave and you must be bold. Anything less invites failures.

Aquarius

Jan. 21 - Feb. 19

You know what needs to be done in your life, so get on and do it and don't worry about whether or not other people will approve. Remember: You don't have to please them — they have to please you.

Pisces

Feb. 20 - March 20

If you are happy with your life the way it is then fine. If, however, there are things you would like to change now is the time to start making plans. Make them big plans too. Don't limit your horizons.

SALLY BROMPTON

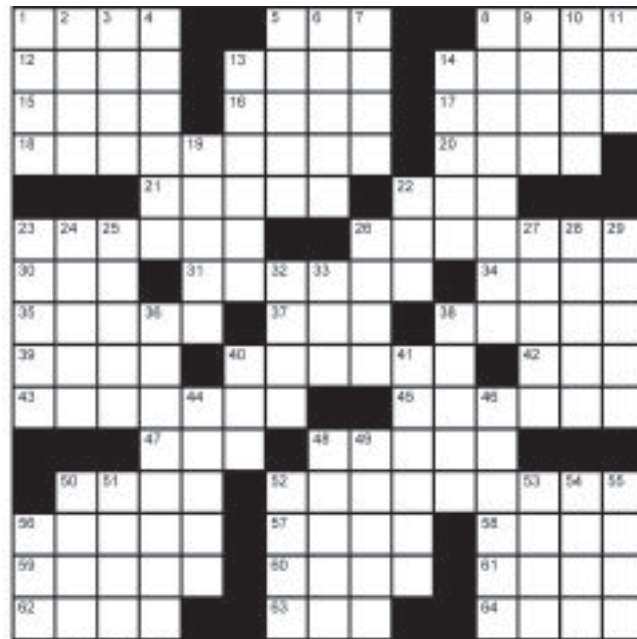
Miscellany

Across

- Permits (someone to do something)
- Chicken ____ king (2 wds.)
- Double-reed woodwind
- Skin soother
- Actor Alda, Ladd, or Rickman
- Witch
- "... was blind but now ____": Amazing Grace (2 wds.)
- It blows off the ocean
- Smell
- Curtails
- Predicament
- Conceals
- Not him
- Duress
- Northwest ____: sea route on the Canadian mainland's north coast
- When doubled, a dance
- Engraved with acid
- Ailments
- Arise anew
- ____ and Order
- Pig's nose
- Summers: Fr.
- Kidnapper's demand for money
- Society page adjective that means "born" in French
- Sang like a bird
- Disappear, like a hair-line
- Not young
- Eucalyptus-loving marsupial of Australia
- Plant used to make poi
- Largest New Brunswick city, whose spelling is sometimes confused with the capital of Newfoundland and Labrador (2 wds.)
- Bay of ____: location of 52-Across
- Crooned
- Garfield* comic strip dog
- Signed, as a contract
- Give's opposite
- Evil grin
- Close at hand
- Bro's female counterpart
- Defunct US gasoline brand still active in Canada

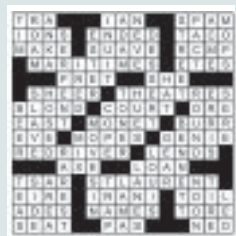
Down

- Refuge
- "If all ____ fails, read the directions"
- Baby's "piggies"
- Be boiling mad
- Wonderland girl
- Goes on and on
- Aardvark delicacies
- Has food delivered (2 wds.)
- Heckles
- Burden
- Always: poetic contraction
- Among
- Arrives
- Step part
- "I've ____ it with you!"
- Alternative to a nail
- 8th Greek letter, it comes before iota
- Grand Prix car
- Church benches
- By oneself
- Applied epoxy
- ____ Lauder: cosmetics and fragrance brand
- Dressed
- Solo of *Star Wars*
- Boundary that runs through four Great Lakes (2 wds.)
- Silvery food fish
- Valentine color
- Citrus fruit that's also a color
- Actor Christopher of the *Back to the Future* series
- Coax gently
- Hawaii's Garden Isle
- Pig sounds
- Adjust to the correct pitch
- Ottawa-born singer/composer who wrote My



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Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Today

10°/0°

Variable

40%

Thursday

12°/4°

Partly cloudy

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